Winnipeg metro

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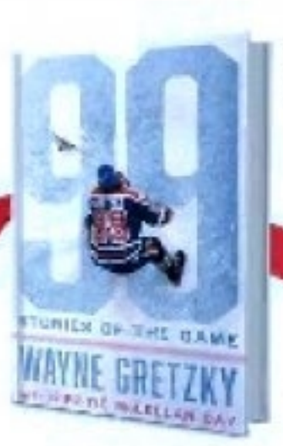

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Winnipeg metro
Your essential daily news | MONDAY, DECEMBER 12, 2016
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A volunteer fixes up a bike at The Wrench on Sunday.
LYLE STAFFORD/FOR METRO

A NEW SPIN

Volunteers repair, re-gift hundreds of bikes for kids in need this holiday season

metroNEWS

Frozen out and fed up

SHOAL LAKE 40

Reserve's winter scramble made worse when ferry breaks down

Members of an isolated reserve near the Manitoba-Ontario boundary will be rallying outside Winnipeg City Hall on Monday morning, two days after the community's critical ferry broke down and stranded people on either side of the crossing.

Erwin Redsky, chief of the Shoal Lake 40 First Nation, said the hydraulics failed just hours after the reserve's council declared Friday morning that ferry operations would cease that evening.

Redsky said the necessary part for repairs wasn't available until next week, and with the ice continuing to freeze, the community took to motorboats to push the barge back and forth.

The final trip was completed in the wee hours of Saturday morning.

"I was able to get my vehicle out pretty early on before it broke down but there were many people stranded, including some visitors and service providers," Redsky said on Saturday.

Shoal Lake 40 residents were moved off their land onto a peninsula a century ago during construction of an aqueduct that sends fresh water to Winnipeg. Construction created a man-made island and cut them off from the mainland.

The aging ferry is prone to breakdowns and some people have died trying to cross the ice in winter.

While water still flows to the Manitoba capital, the reserve has been under a boil advisory for 18 years.

Last month, the First Nation received final design plans for a 24-kilometre, all-weather road along with a projected price — $33 million.

All levels of government have agreed to contribute to the costs for construction of the route, dubbed the "Freedom Road," but some details are still being worked out.

Chief Redsky said he will meet Monday with Winnipeg Mayor Brian Bowman, as well as representatives of the provincial and federal governments, to try to resolve the outstanding issues.

THE CANADIAN PRESS

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metro NEWS

Your essential daily news

Wisdom, a Laysan albatross called and the world's oldest known seabird, is expecting again.

Faces of Winnipeg by David Lipnowski

Kohei Tanaka — Spence Street & Ellice Ave — is from Japan. He has been studying English at the University of Winnipeg for the past 4 months. He is also studying cultural education back home in Kyoto. Kohei had the choice of three international options for studying English, the other two being in Australia and Hawaii. He chose Winnipeg because of the cultural diversity the city is known for, as well as the fact that it was a lot cheaper than the other two (warmer) options. He is scheduled to fly back home to Japan in about a week, and he will miss Winnipeg, but not the cold weather of the past week. He normally enjoys watching baseball back home, but really got into hockey while in Winnipeg, seeing both the Jets and the Moose play. When Kohei returns to Japan at the end of the month, he plans on working a bit to save some money to go traveling again, this time to Germany, because he likes beer.

Faces of Winnipeg This is a new weekly Metro series, to appear in every Monday's edition. In 2013, local photographer David Lipnowski launched his art project, A Portrait a Day, in which he captured everyday Winnipeggers on the city's streets. You could say this series is an extension of that exhibit.

Transpo critic wants changes

METRO TALKS

Scott Fraser tweets weak links in the system

Braeden Jones
Metro | Winnipeg

One of the most active online critics of Winnipeg's poor maintenance and execution of active transportation (AT) infrastructure is growing increasingly exasperated with the city's constant missteps.

Through his AT Critic Twitter account, Scott Fraser has been documenting every way the city has messed up bike paths and sidewalks, and pointing out every unsafe scenario waiting to unfold that he's spotted since late 2013.

The result is more than 11,000 tweets, almost all of which are AT-themed — the majority of which are critical — and more than 30 official, formal complaints in 2016 alone.

But those 30 complaints represent a three-year-low, as Fraser laments complaints "are probably not going to result in anything."

"The complaint-based system isn't working very well… people make complaints and then the same things happen again and again and again," he said.

To give credit where it's due, he admits the city staff contacting him to follow up are always courteous, and seem to "mean well," but the same problems continue to crop up no matter what he does.

"It's very frustrating… you don't see any action, it's the same thing over and over," he said.

Scott Fraser, who runs the AT Critic Twitter account.
BRAEDEN JONES/METRO

Fraser began tweeting under the critic guise after the city appointed an AT coordinator, believing a common citizen holding the city to account as a natural foil could have some value.

Plus, he "always found it very frustrating trying to get around by biking and walking," so thought he'd point out some of those frustrations.

"I never went out looking for things, I don't actually go out on purpose to do this… I just see things as I walk," he explained. "I'm not an advocate."

After a while politicians and journalists started following him, advocacy groups began engaging with him, and eventually the city started asking for more information about his observations more often.

"When I started, Winnipeg did not take complaints on Twitter," he said. "Eventually they had my contact information… they know it's me… they'd say 'hey can we get more information.'

"I'd say, 'well, start paying me,'" he joked.

But the already employed electronic technologist instead opted to reserve formal complaints for the most grievous or repetitive offences, "like blocked sidewalks," and otherwise adopted a personal policy to "avoid taxing resources while still getting the point across."

In the near-term he hasn't seen complaints have much of an impact, but with two young kids he hopes will be AT users one day, it's a fight he'll keep fighting on their behalf.

"We have to start focusing on the function of getting people around the city, living their lives (through AT)," he said. "That's ultimately the goal."

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No opting out

UNIVERSITY OF MANITOBA

Quadriplegic students not exempt from paying gym fee

Jessica Botelho-Urbanski
For Metro | Winnipeg

Andy Fenwick has spent much of his four years studying at the University of Manitoba pointing out snow-covered wheelchair ramps, inaccessible washrooms and broken elevators — or lack of elevators — to staff.

He said the university is usually receptive and takes his cues to heart — they previously let him pour over the school's blueprints to point out trouble spots.

But there's a lingering issue Fenwick said he hasn't been able to iron out with staff for about two years.

The mandatory sport and recreation fee charged to students includes a gym membership for the school's Active Living Centre — the 100,000 square-foot space opened in 2015.

The fee costs full-time students about $154 per year and there is no opt-out provision for quadriplegic students, he said.

"They're paying $150 a year towards a service that they cannot use at all," said Fenwick, a 21-year-old politics and economics student who is the accessibility commissioner for the Manitoba branch of the Canadian Federation of Students. He gets around in a wheelchair.

While Fenwick is still able to use the gym, a quadriplegic friend (who's now graduated) was irked by the situation.

John Danakas, the executive director of public affairs for U of M, said the sport and recreation fee is meant to encourage active living and covers a range of services and maintenance costs, which is why opt-outs aren't available.

> **This isn't a gym membership, this is a tuition levy. It's approved by the students, intended to support funding for all recreation and athletic programs.** John Danakas

"This isn't a gym membership, this is a tuition levy. It's approved by students, intended to support funding for all recreation and athletic programs at the university," he said.

"One of the benefits of the levy is that students can access the Active Living Centre for free. Another of the benefits is they can attend all Bison sports games for free. But it's a levy... in the same way that there's a library levy that all students pay regardless of whether or not they access the library," Danakas said.

It's a clash Fenwick said he would carry into the New Year, when he also hopes to open the school's first student-run Accessibility Centre.

"I've met with (university staff) quite a bit and they've used arguments like, 'the gym makes our campus more prestigious,'" he said. "York University, Carleton University and University of Toronto all offer opt-outs from their gym pass for persons living with disabilities and they're the most prestigious schools in Canada. So to use the prestige argument was a pretty bad argument."

The Dec. 31 deadline is fast approaching for public sector bodies including universities to publish their multi-year accessibility plans, in accordance with the Accessibility for Manitobans Act established in 2013.

Jackie Gruber, the school's accessibility lead, couldn't comment on specifics, but acknowledged there is room for improvement at the university, which she hopes the accessibility plan will usher in.

"This is a university approach to how we want to make our campus more accessible and it can't happen overnight," she said.

$154

Full-time University of Manitoba students pay an annual sport and recreation fee of $154 to the institution, regardless of whether or not the facilities are used.

Andy Fenwick, a fourth-year U of M student, thinks the school should scrap gym fees for quadriplegic students. JESSICA BOTELHO-URBANSKI/FOR METRO

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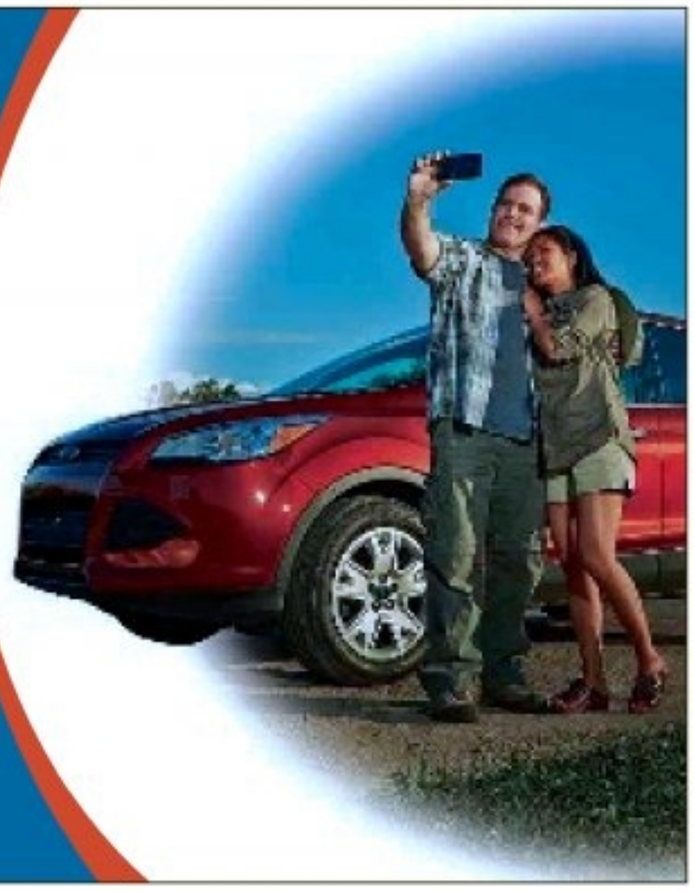


CITY

Council tackling budget, bulky waste and more this week

Stephanie Taylor
Metro | Winnipeg

Budget time yet again.

After two weeks of scrutiny, councillors will vote on the $1.08-billion budget on Tuesday.

While there are only a few minor tweaks to the 2017 spending plan, the massive $105-million roads budget remains unchanged. And so it will likely remain a sticking point for several councillors.

Councillors R suss Wyatt, Jeff Browaty, Jason Schreyer, Ross Eadie and Shawn Dobson recently funded a newspaper ad decrying the roadwork plan.

The Manitoba Heavy Construction Association also launched a radio ad campaign, despite its president, Chris Lorenc, supporting Mayor Brian Bowman's previous two budgets.

Both groups say if the revenue that is to be raised from a two per cent property tax hike next year was going directly into fixing the roads, as Bowman says it is, the budget for roadwork would be $10.6 million higher than it currently is.

Also on the agenda this week:

Crescentwood condo

Council will decide if a vacant lot at the corner of Harrow Street and McMillian Avenue should be rezoned to allow for a four-storey 12-unit condo building to go up.

It's a rather mundane-sounding matter, but the project, which belongs to Ventura Land Development, has caused quite the stir at 510 Main.

Last week, the mayor's inner circle just narrowly rejected the plan by a 4-3 vote, following a lengthy explanation by area-Coun. John Orlikow about why the project simply does not fit within the Crescentwood neighbourhood. City planners had given the project their OK.

Bulky waste

In what's expected to be another divisive vote, council will decide if city crews should pick up your curb-side bulky waste .

Coun. Ross Eadie tabled a motion calling for the city to bring the collection of this waste directly in-house, without having to wait for a staff report to weigh the merits of doing so or not.

Councillors Scott Gillingham, Marty Morantz and Bowman voted against this move, while Cindy Gilroy, Mike Pagtakhan and Brian Mayes gave their stamp of approval.

Wednesday's council will have the final say.

In-camera meetings

The mayor now wants to limit closed-door meetings among councillors.

Council will consider a report on Wednesday allowing councillors to meet in secret to discuss internal reviews of the city auditor's performance.

It also specifies council could choose to meet — and make decisions — in private for "other purposes," too. After being questioned by the press about this, Bowman issued a release saying he reviewed the matter further and decided it was too broad and would table a change.

Break time

After meetings wrap-up this week, council will break for the holidays until January 2017.

The last community committee is set to meet on Dec. 20, and the water and waste committee will be the first to meet in the New Year on Jan. 9.

Long-time volunteer and Can Bike instructor Dave Elmore rehabs a bike at The Wrench in Winnipeg. LYLE STAFFORD/FOR METRO

Cycle of Giving wraps up bike build-a-thon

CHRISTMAS

Volunteers refresh cycles for kids this holiday season

Braeden Jones
Metro | Winnipeg

An annual effort to fix up and gift pre-used bikes to children continues to put a new spin on re-cycling.

Winnipeg Repair Education 'N Cycling Hub (WRENCH) spokesman Jon Benson said the sixth annual Cycle of Giving (COG) 24-hour build-a-thon, which wrapped up at noon Sunday, helped produce "more than 300" refurbished bicycles.

Many of the bikes were recuperated from the Brady Landfill, and all of them will find new homes by 2017.

"About 80 per cent anyway were brought in from Brady landfill, the rest were donated," Benson said.

"We've got them into good working condition, cleaned up, and they'll be donated to over 20 different agencies that work with kids... they'll help us distribute them."

New to this year's COG: it was held at Rossbrook House, a 24-hour safe space for youth, and one of the agencies entrusted with gifting the new-again bikes.

A number of kids who frequent the youth hub helped out during the build-a-thon, which means some of its many volunteers, of which there were "north of 200 again this year," will end up being recipients of the very bikes they helped repair.

That's one example of the feel-good chain reaction the Cycle of Giving results in, Benson said, adding the other social agencies helping the bikes find new homes will see firsthand the smiling faces of children receiving their two-wheeled gifts this holiday season.

> **We've got them into good working condition, cleaned up, and they'll be donated to over 20 different agencies that work with kids.** Jon Benson

A number of bikes are also heading north to six First Nations communities.

For kids from lower income families, Benson said the bikes are really like a gift of "independence," that also support healthy living.

Beyond getting hundreds of bikes in working order, he said the COG is also "like a big 24-hour festive party," and this year was no exception.

"We had the music going, some performers played live here on the stage, and we were all just having a good time working on the bikes, socializing, hanging out, eating lots of donated good food," he said, noting none of it would be possible without generous volunteers and sponsors.

"We couldn't do this without them," he said.

School won't teach kids of immigrants

EDUCATION

Children had to leave, despite being Canadian citizens

David P. Ball
Metro | Vancouver

Two children were barred from enrolling in elementary school. DAVID P. BALL/METRO

"Where kids reach for the stars."

That's the motto emblazoned above the entrance of North Otter Elementary School, surrounded by snow-glistening fields in Langley, B.C. east of Vancouver.

But for a five- and seven-year-old living just minutes away, that motto appears not to apply.

Despite the fact that both the five- and seven-year old were born in Canada — and are therefore Canadian citizens — the local school district won't let them enrol because of their Mexican parents' paperwork troubles.

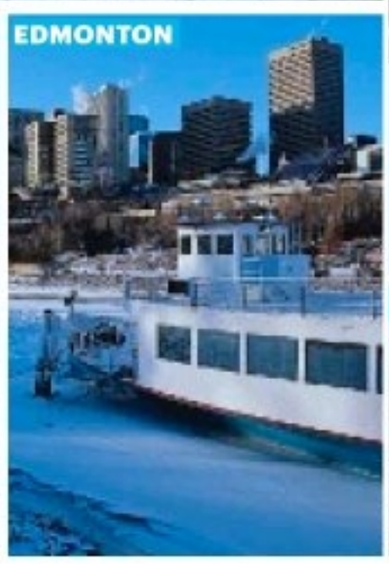
The federal government offered the mother and children visitor visas so they could enrol by a Sept. 30 deadline, while their father continues his paperwork in Mexico to resume his 10-year employment at Hastings Racecourse.

"I sent all the papers, I never lied. They asked me for my status, and I sent my visa," explained their mother. "They were really excited to be at school. But after only a couple hours, they called and told us to pick them up: 'Your kids cannot be here.'"

METRO TEMPERATURE CHECK

Winter is here, and if there's anything that unites us as Canadians, it's our shared joys and sorrows brought on by the cold, white, fluffy stuff. If you think you're having a bad winter right now, just remember this: You're not alone. Here is a round up of winter weather across other Metro cities on Sunday. Toronto, Calgary, Winnipeg, Edmonton and Vancouver are relishing their snow days, while Halifax and Ottawa are expecting snowfall on Monday. METRO

Halifax	Ottawa	Toronto	Winnipeg	Edmonton	Calgary	Vancouver
-7C	-6C	-1C	-19C	-18C	-17C	-4C



IMMIGRATION

Refugees say Canada is 'peaceful,' 'welcoming'

Noura Alissa says she's very grateful for the warm welcome she's received in Canada, but admits the year since she arrived in Montreal from Syria has been more difficult than she expected.

"Trying to find a job while learning French has been difficult, but I am trying," the 25-year-old Syrian refugee said in English in an interview Sunday. She said the warm welcome she's received from Canadians has helped ease the transition.

It has been a year since Canada welcomed the first group of Syrians that the government flew out of refugee camps, and both political leaders and refugees marked the occasion over the weekend with a mixture of pride and an acknowledgment of the challenges that remain.

"You cannot compare the life in a peaceful country with life where there is war," said George Kas Barsoum said. "This country is peaceful, this country is welcoming, it is very, very good."

THE CANADIAN PRESS

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Trump shuns intel briefings

POLITICS

President-elect also said Russian hacking claims are 'ridiculous'

Donald Trump on Sunday called a recent CIA assessment of Russian hacking "ridiculous" and says he's not interested in getting daily intelligence briefings — an unprecedented public dismissal by a president-elect of the nation's massive and sophisticated intelligence apparatus.

Trump's remarks come as key congressional Republicans joined Democrats in demanding a bipartisan investigation into the Kremlin's activities and questioned consideration of Exxon Mobil CEO Rex Tillerson - who has close business ties with Moscow — as head of the State Department.

Asked whether he's rejecting valuable intelligence on Fox News Sunday, Trump was defiant.

"I get it when I need it," he said of the top-secret briefings sessions, adding that he's leaving it up to the briefers to decide when a development represents a "change" big enough to notify him.

"I'm, like, a smart person. I don't have to be told the same thing in the same words every single day for the next eight years," Trump said.

The CIA has concluded with "high confidence" that Russia sought to influence the U.S. election on behalf of Trump. The finding alarmed lawmakers, including Senate Armed Services Committee Chairman John McCain who said Sunday he planned to put Sen. Lindsay Graham, a staunch Trump critic, in charge of investigating the claim.

McCain also has questions about Tillerson's business relationship with Russian President Vladimir Putin, although it's not clear Tillerson will be nominated. Sunday afternoon, Tillerson had still not been formally offered the job, according to a person with knowledge of the process who spoke on condition of anonymity. THE ASSOCIATED PRESS

TURKEY A DAY OF MOURNING People carry the coffins of bomb victims during a memorial on Sunday for police officers killed outside the Besiktas football club stadium Vodafone Arena in Istanbul, Turkey. Family members, Turkey's President Recep Tayyip Erdogan, ministers and colleagues attended the memorial as Turkey declared a national day of mourning after twin blasts on Saturday killed dozens of people and wounded many others near a soccer stadium. Turkish authorities have banned distribution of images relating to the Istanbul explosions within Turkey. THE ASSOCIATED PRESS

IN BRIEF

Dozens killed in chapel bombing in Egypt
A bombing at a chapel adjacent to Egypt's main Coptic Christian cathedral killed 25 people and wounded another 49 during Sunday Mass, one of the deadliest attacks carried out against the religious minority in recent memory and a grim reminder of Egypt's difficult struggle to restore security and stability after nearly six years of turmoil. THE ASSOCIATED PRESS

Italy's foreign minister tapped to be premier
Italian Foreign Minister Paolo Gentiloni was tapped Sunday to form a new government and end a political crisis so the country can tackle pressing problems. THE ASSOCIATED PRESS

Bill English chosen as New Zealand's PM
The conservative caucus in New Zealand has chosen Bill English to be the next prime minister. English emerged victorious following a meeting of the National Party caucus. He is to be officially sworn in on Monday. THE ASSOCIATED PRESS

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S156	2016	428i xDrive Coupe	Alpine White on Coral Rad Dakota Leather	$62,008	$55,521	$6,487
S459	2016	428i xDrive Coupe	Mineral Grey Metallic on Coral Red Dakota Leather	$62,703	$56,798	$5,905
S386	2016	435i xDrive Cabriolet	Black Sapphire Metallic on Oyster/ Black Dakota Leather	$83,303	$77,493	$5,810
S403	2016	X1 28i	Jet Black on Mocha Dakota Leather	$50,153	$46,503	$3,650
S475	2016	X1 28i	Jet Black on Oyster Dakota Leather	$51,403	$47,653	$3,750
S495	2016	X1 28i	Black Sapphire Metallic on Canberra Beige Dakota Leather	$52,298	$48,478	$3,820
S453	2016	X1 28i	Alpine White on Black Dakota Leather w/ Blue Stitch	$52,708	$48,853	$3,855
S498	2016	X1 28i	Mineral Grey Metallic on Black Dakota Leather w/ Blue Stitch	$54,953	$50,918	$4,035

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metro VIEWS
Your essential daily news
Monday, December 12, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

How does one account for income disparity among groups of friends?

©Ani Castillo

Dear Ellen,

How do I politely tell my friends I can't afford to hang out with them? At university, it wasn't a problem, but now I feel like they must have family money I never knew about or they're earning a ton more than me. But somehow they can afford expensive dinners out, and now they all want to go to Cuba for a long weekend. I just don't have that kind of money. How do I beg off without appearing rude or uninterested in my old gang?

MM

Dear Ellen,

Every time I go for lunch with my gal pals, there's a problem with the bill. There's always one person who insists we pay separately, and then calculates what everyone had down to the last penny. I say we should just take turns picking up the whole tab. Who's right?

SC

Dear MM and SC,

It's funny how people these days will reveal every gory detail of their physical health, relationship issues and sex lives while personal finances remain strictly off limits.

I've been in MM's position — shocked at how rich some of my friends seemed compared to me. And horribly self-conscious about my own lack of funds (and expensive clothes, car, home, etc.). Then, one day, while they were urging me to come along to their next hiking trip in Europe, I suddenly found myself telling the truth instead of lying about work obligations: "That sounds like fun, but I can't afford it."

It's funny how people will reveal every detail of their physical health and sex lives while personal finances remain off limits.

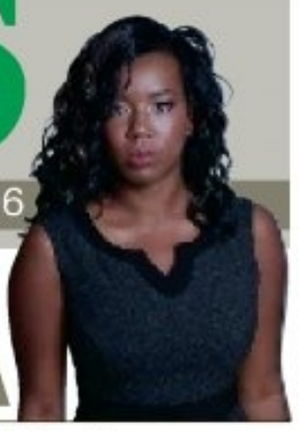
The world didn't end. They didn't seem to think less of me. The reaction was basically, "Oh, that sucks," and the conversation carried on. In subsequent gatherings, I detected a politeness on their part in not talking too much about the European expedition in case I felt excluded. But neither did they make their trip a secret, which would have made me feel even more excluded. In short, they behaved with perfect manners, were sensitive to my situation, and ultimately treated the whole issue the way it should be treated between friends — as not a big deal.

With SC's restaurant-bill problem, I wonder if it's another case of economic disparity. The nitpicker who insists on forensic accounting at the end of the meal may have carefully ordered only a salad because she's on a budget and can't afford to split a bill that includes everyone else's sea bass and champagne. Or maybe she really is a cheapskate with deep-seated neuroses about how money represents the love she never received as a child.

Either way, you as her friend should swallow your irritation and go along with it. And if you do insist on picking up the whole tab to avoid the nickel and diming, feel free. But remember it's your choice, and no one owes you anything next time you lunch with the ladies.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA



Viola Desmond's face is small comfort for the economically deprived

The decision to put Viola Desmond on the $10 bill is a landmark win for black people and communities of colour in Canada.

But there is no symbolic win powerful enough to justify how racism affected her life and robbed her of her many successes.

Despite being a businesswoman at the heart of Halifax's black entrepreneurial class, the trial against her ultimately broke her. She died in poverty.

It's in this way that racism robs families and communities for generations.

Racism is an economic interest that levies a fine on otherness and punishes those who will not accept the fine. Canada's government, lawmakers and leaders, have been the enforcers and beneficiaries.

Viola Desmond experienced this viscerally when she was arrested, jailed and fined for refusing to sit in the Rose Theatre's balcony, which was designated for its black patrons. Her failure, by way of the quotidian act of buying a movie ticket, to acknowledge the racial hierarchy required swift punishment.

Through the police and in the courts, the force of the state was brought in judgment of her blackness. She was fined $26 for "defrauding" the province of its one-cent amusement tax. Six of those dollars were given to the theatre manager. The oppressor was given a bounty for enforcing white supremacy. Inequality of choice was thus compounded.

Some say Desmond's place on the $10 bill is, at worst, a revision of history, and, at best, an attempt to sweep the uglier parts of our history aside. It's a specious argument that suggests history is being taught via the medium of our plastic currency. (The symbols on our currency currently include an icebreaker, which replaced the Famous Five, who I would argue were far more groundbreaking than a boat.)

When it comes to money, the ongoing legacy of racism is to deprive communities of colour. According to research by economist Krishna Pendakur, a visible minority man born in Canada earns about 18 per cent less than his Canadian-born white male counterpart. Indigenous Canadians live in a poverty so vast and crushing that it has been called a human-rights crisis.

A 2011 report on Canada's Colour Coded Labour Market found that poverty rates are three times higher for racialized families. That report also highlights that in 2006, the year of the last longform census, racialized Canadians were earning 81.4 cents to every dollar that non-racialized Canadians made.

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Your essential daily news

Monday December 12, 2016

Al Gore's climate change doc An Inconvenient Truth is getting a sequel

Knock their socks off

Holiday Ideas

There's a meme of the Grinch as a kid frowning after getting socks for Christmas. That same Grinch as an adult is all smiles when he gets another set. It was likely a pair of Merino wool socks that changed his mind — a cultish following has developed for the super-soft footwear among normcore and athleisure devotees in recent years. Be warned: Merino wool socks that look cool while keeping your feet warm usually cost between $25-35 per pair. Here are a few of our top picks. **MELISSA DUNNE/FOR METRO**

1 Wigwam

Wigam Mills, Inc. is a family-run business that's been making socks since 1905 in Wisconsin. The 'Miley' sock is made of merino wool, stretch nylon, and spandex. This striped pair won't sing you bouncy songs á la its namesake, Miley Cyrus, but they will keep your tootsies looking sassy.
$18 (U.S.); wigwam.com.

2 Icebreakers

Many of New Zealand's Merino wool products end up being sent to us shivering Canadians this time of year. Icebreaker socks are among those products. These pretty pink socks, made of Merino wool, nylon, and lycra, will keep your toes warm while ensuring that you look hawt.
$34.99; icebreaker.com

3 Darn Tough

This is the perfect pair of socks for the patriot in your life. The O Canada sock is made of Merino wool, lycra, and nylon. Darn Tough has been making its socks in Vermont for almost four decades. This pair will serve any Canadian darn well, whether during a game of shinny, or at the pub after the game.
$33; sportinglife.ca

4 Smartwool

Smartwool was started by two ski instructors in 1999. Since then, its socks have developed a devoted fan base. These smart, snowflake-adorned socks, made of a mix of Merino wool, nylon, and elastane, actually keep feet warm. Whether hitting the slopes, the sidewalk, or the subway, these socks are the gift that keeps on giving all winter long.
$29.99; sportchek.ca

5 L.L. Bean

The receiver of these L.L. Bean socks will surely be head over heels for them. The socks are made in Maine specifically for skiing and snowboarding. This pair features a mix of Primaloft acrylic, Merino wool, nylon, polyester, and spandex, and they also come with the classic clothier's famous lifetime guarantee.
$24.95 (U.S.); llbean.com

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There is a fair way to split those bills

ADVICE

Higher income earner should shell out more for expenses

Gail Vaz-Oxlade
For Metro Canada

Rather than a 50/50 split, divvying up the proportionate shares of bills is fairer for both members of a couple, leaving money in each pocket for individual goals. ISTOCK

Whether you're planning to live with a mate or officially tie the knot, it's a good idea to have a chat about how you'll manage your incomes as a couple.

While many people just split everything 50/50, I believe a proportionate splitting of joint expenses is fairer.

Let's take the example of Chris and Alex. Alex makes $65,000 a year, and Chris makes $40,000 a year.

Splitting the bills 50/50 would mean that Chris ends up spending disproportionately more income on joint expenses, leaving little or nothing for individual goals such as savings or travel.

That's why a proportionate split is far fairer; it leaves money in each pocket for savings, managing individual expenses and having a life.

Use net numbers for this calculation. Since a higher income earner will pay more in taxes, using gross numbers isn't fair. So start with how much you each bring home a month — the money that actually goes into the bank account. So that $65,000 gross turns into $52,000 after taxes, or $4,333 per month, and that $40,000 gross turns into $34,000 after taxes, or $2,833 per month.

The first step is to add your net incomes together. Then divide each individual income by this figure and multiply by 100.

When Alex and Chris add their monthly incomes together they get $4,333 + $2,833 = $7,166.

Time to divide Chris's income by that $7,166 and then multiply by 100 to get a percentage: $2,833 ÷ 7,166 x 100 = 39.53 per cent, which will round nicely to 40 per cent. Which means that Alex will pay 60 per cent of the expenses.

Since Alex and Chris are paying $2,700 a month in rent, they would each contribute the following to their joint account to cover their rent costs:

Alex: $2,700 x 60 per cent = $1,620, or 37 per cent of net income.

Chris: $2,700 x 40 per cent = $1,080, or 38 per cent of net income.

See how nicely that works out?

This, of course, only applies to the bills you agree to split. If you've run up a whole bunch of debt that your mate doesn't want to have anything to do with, then you're on your own. The same goes for individual expenses. If Alex chooses to drive a fancy car that costs $600 a month and Chris chooses a car that costs $200 a month, they would each pay their own car costs.

It is important that partners also talk about what they'll do if there's a change in circumstances.

> **It's important that partners also talk about what they'll do if there's a change in circumstances.**

One of you may be out of work temporarily. How will you even up after? And if you decide to have a family and one of you stays home, even in the short term, how will you manage the bills and ensure the non-working partner has some money of their own?

These discussions may feel hard; people find it difficult to talk about money. But not talking will leave you both in the dark, a place where resentment thrives.

So communicate, don't disintegrate.

For more money advice, visit Gail's website at gailvazoxlade.com

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Yawning: a yoga move you should practise

THE MOVES

Learning to do a full-body yawn can help with breathing

YuMee Chung
Torstar News Service

Long before you took your first yoga class, your body already knew something about co-ordinating breath and movement, thanks to the mechanism of yawning. We humans start practising this nascent form of yoga in utero, yet we are taught from an early age to suppress our yawns for fear of causing offence.

We explored the simple pleasures of yawning inside the Single Breath exhibit at the Ontario Science Centre's AstraZeneca Human Edge.

Try Full Body Yawns to ventilate your lungs, stretch your body, and restore balance to the autonomic nervous system.

1. Stand with relaxed posture — unlatch the belly, mellow out the pelvic floor, and unburden your shoulders.
2. Hang the lower jaw open and allow the breath to flow in and out through your mouth.
3. Pretend you've been cast as the lead yawner in a movie and fake a few really big yawns: try curling your hands into fists, shrugging the shoulders, and tightening up all your muscles as you take a few staccato inhales through the mouth, then splay your fingers as you reach your arms out in any and all directions.
4. Have fun with the sounds of yawning whether they are high and squeaky or low and guttural. Let the sounds surprise and delight you.
5. Give yourself permission to yawn for five minutes without covering your mouth or feeling the least bit apologetic.
6. It is perfectly normal for your eyes and nose to get moist. Blow your nose as often as you need to.

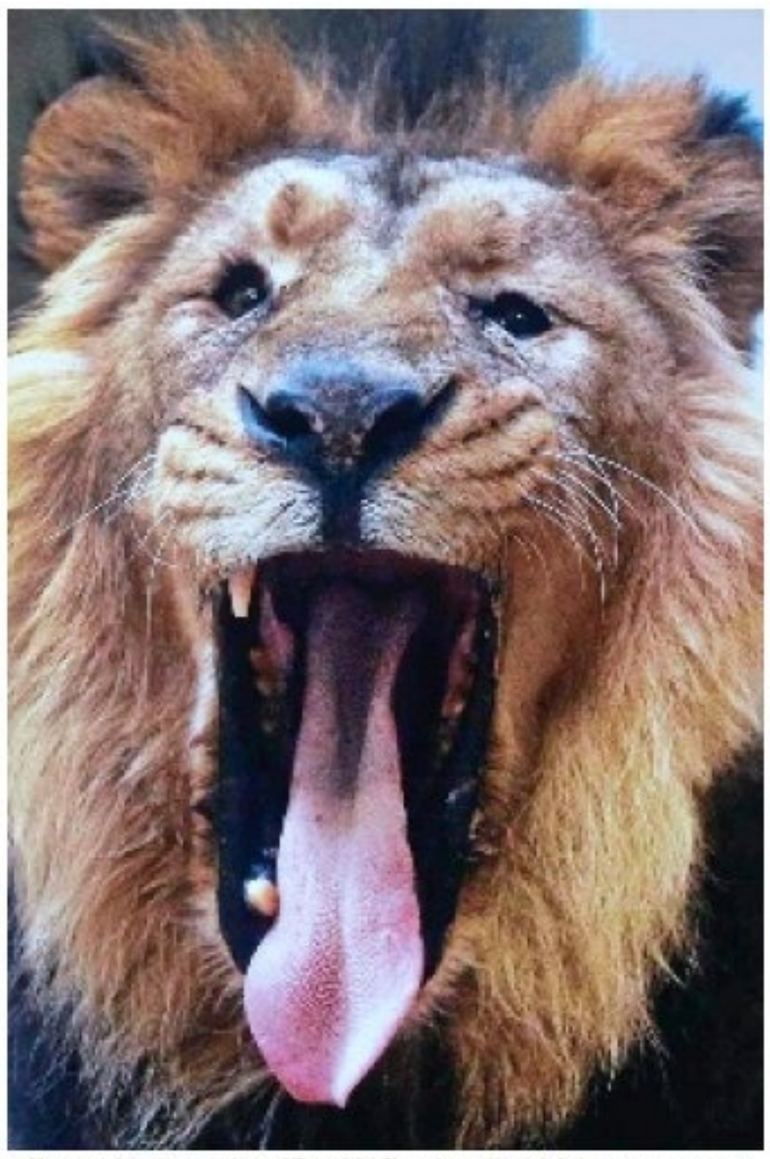
YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

AN OPEN MYSTERY: WHY WE YAWN

Modern science is still working to unravel the mystery behind the yawn. For now, here's what we do know:

- All vertebrates yawn. Fetuses yawn as many as six times an hour in their second and third trimesters.
- Yawns are contagious. Dogs will yawn with their human companions but psychopaths appear to lack the empathy to catch yawns from others.
- The body movements that accompany yawns are called pandiculations. Pandiculations are different from stretching in that they involve a voluntary muscular contraction followed by a slow lengthening and complete relaxation. Animals yawn and pandiculate a number of times upon waking.
- Yawning causes our eyes to water and noses to run. Think of yawning as nature's eye drops and neti pot.

TORSTAR NEWS SERVICE



All vertebrates — just like this lion in a Frankfurt zoo — yawn. But scientists are still working on figuring out the exact reasons why. THE ASSOCIATED PRESS FILE

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Calgary's Ted-Jan Bloemen won long-track speedskating bronze in the 10,000-metre ISU World Cup race in the Netherlands Sunday

The Peg's Einarson takes down the Grand Slam

CURLING

Carruthers for the men loses title to Jacobs, Ontario rink

A pair in the seventh end was the difference as Winnipeg's Kerri Einarson downed Switzerland's Silvana Tirinzoni 5-3 to win the women's National Grand Slam title.

With the score tied at three, Einarson picked up the deuce and ran Tirinzoni out of rocks in the eighth end to win.

"It's just amazing," Einarson said of winning the title. "On the last shot I just felt goosebumps down my entire body."

The win is the first Grand Slam win for the Manitoba rink. For Einarson, the win came after Tirinzoni beat her 7-1 in six ends during the second draw.

Einarson advanced to the final thanks to a 9-6 win over Switzerland's Binia Feltscher in the semifinal.

Einarson went 3-1 in the round robin and beat Russia's Anna Sidorova in the quarter-final.

Tirinzoni advanced to the final after beating Thunder Bay, Ont's Krista McCarville 6-5 in the semifinal. Tirinzoni stole a pair in the eighth end to erase a 5-4 deficit against McCarville.

Tirinzoni also went 3-1 in the round robin and beat Calgary's Chelsea Carey in the quarter-final.

Meanwhile, Brad Jacobs and his rink from Sault Ste. Marie, Ont., finally won in front of their hometown crowd.

After losing in the final in their last Grand Slam of Curling event in Sault Ste. Marie back in 2014, Jacobs and his team beat Winnipeg's Reid Carruthers 4-2 on Sunday afternoon to win The National title.

"Relief is a good word to use," Jacobs said following the win. "On his last shot, I was literally praying that he would not make the shot.

"It's just really special to win in your hometown. There are a lot of expectations and it's a very difficult thing to do."

Jacobs earned his berth in the final thanks to a 5-3 win over Brad Gushue of St. John's, N.L., in the semifinal.

Jacobs scored three in the eighth end to beat Gushue after the St. John's-based rink beat the hometown team in the round robin.

Jacobs previously beat John Morris of Vernon, B.C., 6-5 in the quarter-final.

Jacobs was forced to win a tie-breaker game over Switzerland's Peter De Cruz to get into the playoff round after a 2-2 round robin record.

Carruthers entered the final unbeaten after going 4-0 in the round robin and then beating Sweden's Niklas Edin 7-0 in the semifinal in just five ends.

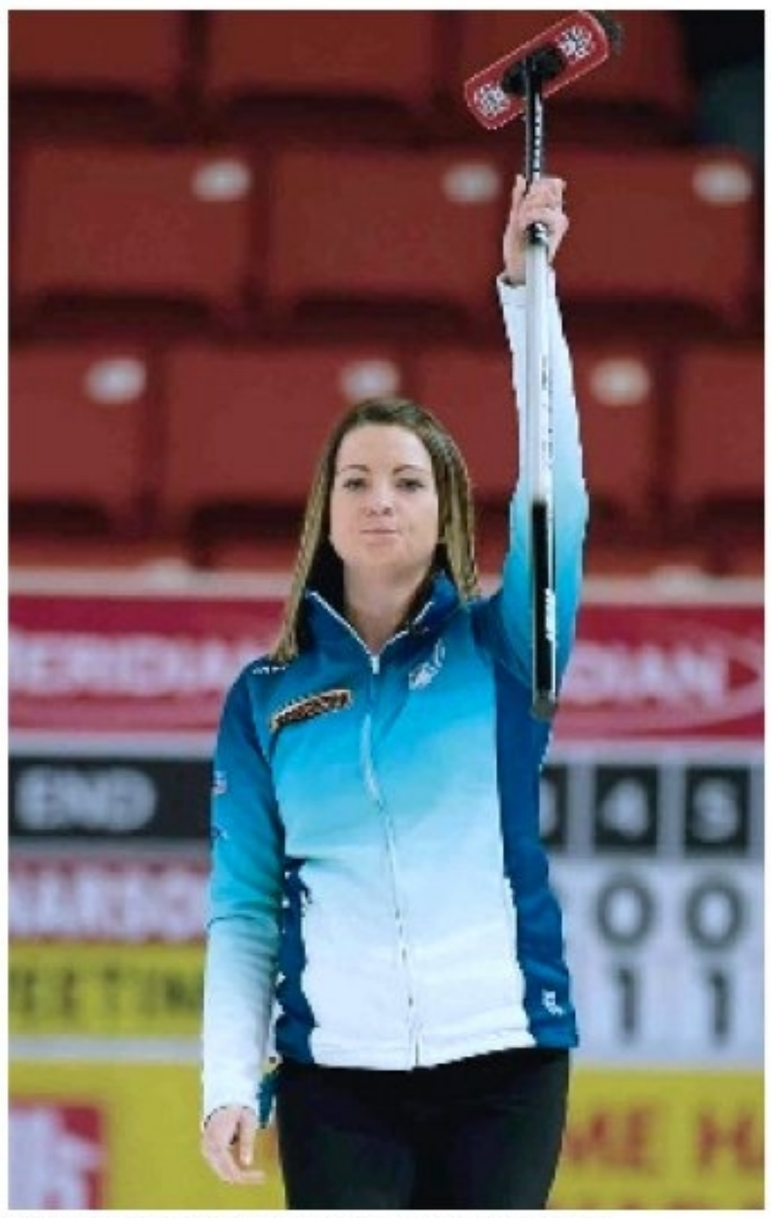
Carruthers opened with a single before steals in the subsequent four ends in the win. Edin had won the opening two Grand Slam events of the season.

Team Jacobs lost in the final of the National in 2014 when he dropped a 5-2 decision to Winnipeg's Mike McEwen when the event was last in Sault Ste. Marie.

The next event on the Grand Slam of Curling schedule is the Canadian Open, which opens on Jan. 3 in North Battleford, Sask.

THE CANADIAN PRESS

> **It's just amazing. On the last shot I just felt goosebumps down my entire body.**
> Winnipeg's Kerri Einarson on winning the women's National Grand Slam



Winnipeg's Kerri Einarson raises her broom aloft.
MICHAEL BURNS/THE CANADIAN PRESS

IN BRIEF

Costa keeps Chelsea top
Fiery striker Diego Costa used his aggression in the right way to keep Chelsea top of the English Premier League on Sunday.

Costa muscled West Bromwich Albion defender Gareth McAuley off the ball before cutting inside and curling a shot into the top corner in the 76th minute to seal a 1-0 win for Chelsea at Stamford Bridge. Chelsea has won its last nine matches in the league .
THE ASSOCIATED PRESS

Murray the difference as Tennessee edges Broncos
DeMarco Murray ran for 92 yards and a touchdown, and the Tennessee Titans held on to beat the Denver Broncos 13-10 Sunday and keep a piece of first place in the AFC South.

With the win over Denver (8-5), the Titans (7-6) also climbed above .500 for the first time all season
THE ASSOCIATED PRESS

Five-star Ducks rout Sens
Antoine Vermette and Corey Perry each had a goal and an assist and the Anaheim Ducks scored three power-play goals to beat the Ottawa Senators 5-1 on Sunday.

Joseph Cramarossa, Nick Ritchie and Sami Vatanen also scored, and John Gibson made 21 saves. Ryan Dzingel scored for the Senators, THE CANADIAN PRESS

Go to metronews.ca for coverage of Sunday night's Jets game in Edmonton.

Fight for the ages mends bridges

UFC 206

Criticized card lit up by superb battle between Swanson, Choi

Joe Callaghan
Metro | Toronto

Doo-Ho Choi and Kevin Luke "Cub" Swanson gave UFC 206 a much-needed jolt of magic on Saturday night in Toronto. PETER POWER/THE CANADIAN PRESS

Three years of waiting. And then in the space of three rounds of bewitching brutality, fighting fires were reignited.

Canada has recently questioned its place in the new UFC world. But as the foundations of Toronto's Air Canada Centre were rocked to their core by a baby-faced Korean and a venerable veteran late Saturday night, a strained relationship was strengthened again.

UFC 206 had been blighted by disputes and disruptions to the point that some had threatened to boycott the organization's first pay-per-view event in Toronto since 2013.

Yet every soul who made their way to the ACC was treated to a card that defied all expectations and a fight for the ages when for fully 15 minutes, featherweights Cub Swanson and Doo-Ho Choi engaged in a barely believable war of attrition.

There had been sparks earlier in the night, Lando Vannata's sumptuous spinning wheel kick KO of John Makdessi chief among them. The back-to-back submission victories for Canadian fighters Antoine Aubin-Mercier and Misha Cirkunov also raised temperatures.

But it was Swanson and Choi who delivered something truly worth waiting for. The second round in particular served up five minutes of the kind of mind-bending mayhem that at this kind of peak, few sporting organizations can match. There wasn't a fan left in their seat at the end of the round as both fighters had to be helped to theirs.

Swanson took immense pride in delivering such a soaring high when the expectations of so many in the house had been so low.

"It definitely means a lot to me because there was a lot of people talking crap about this card," said Swanson afterwards, the decision having gone his way on all judges' scorecards.

"It was the forgotten card. I was disrespected by that. You know people were even talking about boycotting the card. I'm glad that people got their money's worth. I'm glad I had that performance here, around a great crowd."

Such was the calibre of the contest that the main and co-main event that followed could never live up to what had come before, even if Cowboy Cerrone did his best with a shuddering head kick KO of Matt Brown that again raised the rafters.

The headline act largely struggled to do likewise. Having missed weight and seen his chance of an interim title go with it, Anthony Pettis's miserable week was compounded as he played right into the punishing hands of Max Holloway, crowned the interim featherweight champion after a third-round stoppage.

While the hordes exited satisfied with all this bang for their buck, the UFC's money men might not have been so buoyant. UFC 206's commercial, rather than critical, success is likely to decide how quickly the organization returns.

The new ownership regime have already stated aims at growing profits exponentially — in a hurry. With that in mind, the early numbers from Saturday framed the night a little differently.

The Air Canada Centre was officially sold out with a declared attendance of 18,057, yet the gate revenue was just $1.8 million US.

The organization's previous PPV night, UFC 205 in New York — admittedly a one-off mega-event — made a gate of almost $18 million from a crowd of 20,000. A better context may be that Toronto's most recent PPV to this — UFC 165 in 2013 — made a marginally bigger profit in spite of selling 3,000 less tickets.

Given the hectic nature of the fight game, quite a few bridges will be crossed before the UFC are back in town again. But on Saturday — thanks in huge part to the enthralling exploits of Swanson and Choi — many more bridges were repaired.

Toronto's fighting fires have been relit. Now, it's up to the UFC to keep them burning.

MAKE IT TONIGHT

Creamy Pea Tagliatelle

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This is our new favourite dish for three important reasons: 1) It's simple 2) It has an impossibly creamy sauce and you basically do nothing to achieve it 3) outside of toast, it's so fast.

Ready in 20 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients
- 500 g tagliatelle pasta
- 2 cups frozen peas
- 1 Tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, chopped
- 1 cup creme fraiche
- 3 tsp chopped chives or flat-leaf parsley

Directions

1. Cook the tagliatelle according to package directions. In the last minute of the pasta cooking process, drop the peas into the water. Drain both the pasta and peas.

2. Meanwhile, in a large skillet, heat the oil and saute the onion and garlic for 5 minutes until fragrant. Stir in the creme fraiche. Add the pasta and peas, folding them with tongs to coat the pasta with the sauce. Sprinkle with chopped chives or flat-leaf parsley and serve.

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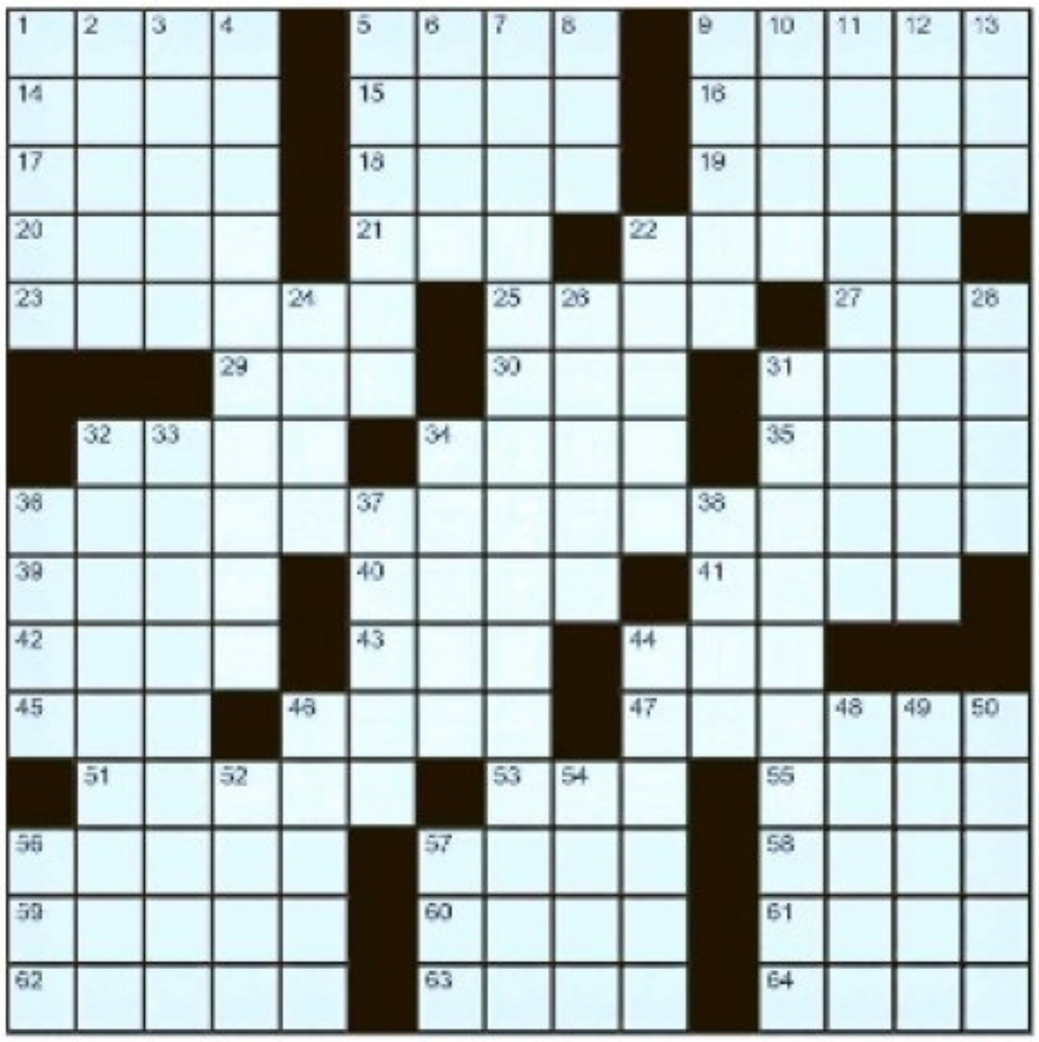
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. __ Mountain (Year-round recreation destination in Ontario)
5. Unfreeze
9. Big blooper
14. Santa __, __ (Capital and its American state, briefly)
15. Courtney Love band
16. Patrons' provisions-picking props
17. Princess in "Star Wars" (1977)
18. Lasso
19. Bonus
20. ___ (Play's opening)
21. 'Pepper' ending (Pizza topping)
22. Ancient language
23. Police officer's interest: 2 wds.
25. At hand
27. Pose for a painting
29. __ Vegas
30. Earth invaders, commonly
31. Canadian actor Mr. Rogen
32. Hideaway
34. "Who Is Harry Kellerman and Why __ __ Saying Those Terrible Things About Me?" (1971)
35. Verifiable
36. Home in downtown Toronto of The Queen's Own Rifles of Canada (Reserve regiment for which Camilla, Duchess of Cornwall, is the Colonel-in-Chief): 3 wds.
39. Real Shannon
7. #1-Across in the Wintertime: 3 wds.
8. Diminutive
9. Makeup application mistake
10. "America's __ Top Model"
11. Disease immunizer
12. What a newly-moved-into home often needs
13. "Invasion ___" (1985) starring Chuck Norris
22. __ printer
24. 50+ org. in The States
26. Mr. Hawke
28. "Or so __ say." (Apparently)
31. Plots
32. Telephone ringy-dingy that's not long distance: 2 wds.
33. Hair dye shade: 2 wds.
34. Jennifer __ (Canadian actress of ABC sitcom "The Goldbergs")
36. __-mucil (Fiber supplement brand)
37. "Garfield: ___ of Two Kitties" (2006)
38. Famous painting, with Lisa
44. About [abbr.]
46. Pair of pants part
48. Overhead
49. Dogma
50. Strain
52. Fury
54. Like sludge that's leaking out
56. Kilos alternatives
57. __ and don'ts
40. Identical
41. Elm: French
42. Bills in restaurants
43. __ pollution
44. "Is there __ left?"
45. __ clear
46. Sommelier's serving
47. Epicurean's refined asset
51. Particular pink
53. Drench
55. Wild goat
56. Hawaiian veranda
57. Gateway
58. __ the wiser
59. Skyline structures, shortly
60. Rice-shaped pasta
61. Best __ (Greatest)
62. Rain/snow mix
63. "Renegade" rockers
64. Paving stone

DOWN
1. A Sharp's other name: letter + wd.
2. Bloodsucker
3. Amalgamate
4. Web marketer's address groupings: 2 wds.
5. Sofa blankets
6. Blind Melon singer

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be careful, because this is an accident-prone day due to the tension building up before tomorrow's Full Moon. Think twice before you speak or act.

Taurus April 21 - May 21
Your focus is on money, cash flow and earnings, as well as major purchases today. You might do some shopping therapy because of tension before tomorrow's Full Moon. Caution.

Gemini May 22 - June 21
Today the Moon is in your sign, and you feel the buildup before tomorrow's Full Moon in your sign. This means you have to be patient with partners and close friends.

Cancer June 22 - July 23
Don't set high standards for yourself that are too tough to achieve. Go easy on yourself, because tomorrow is the Full Moon. You have enough to deal with.

Leo July 24 - Aug. 23
You might feel a buildup of tension with a close friend, especially a female acquaintance. Or this could happen between you and a member of a group. Just be patient and diplomatic.

Virgo Aug. 24 - Sept. 23
You feel the pressure of trying to keep everyone happy at home and at work building up within you. Of course, this is impossible. (However, you can't ignore home and family.)

Libra Sept. 24 - Oct. 23
This is a mildly accident-prone day because of the energy building up before tomorrow's Full Moon. Don't rush things. Do not be hasty. Stay mellow.

Scorpio Oct. 24 - Nov. 22
Disagreements about shared property, inheritances and such might arise now. If so, they will be settled about three days from now.

Sagittarius Nov. 23 - Dec. 21
Tomorrow, the only Full Moon opposite your sign all year will take place. This is why you feel tension with others today as this energy builds up.

Capricorn Dec. 22 - Jan. 20
Difficulties with co-workers might arise today, because everyone feels the energy of tomorrow's Full Moon building up within them.

Aquarius Jan. 21 - Feb. 19
Be patient with romantic partners today. Likewise, parents need to be patient with their kids. Everybody feels a buildup today before tomorrow's Full Moon.

Pisces
Feb. 20 - March 20
Do not let the demands of family interfere too much with your job at this time, because your job is important. Tomorrow's Full Moon creates this tension.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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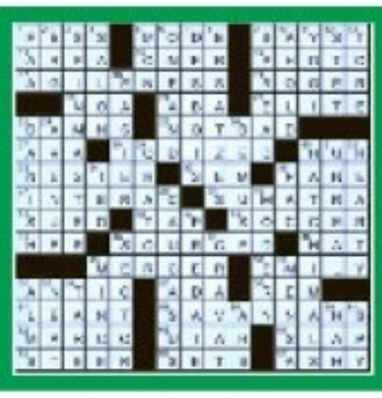

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